

Crew Off-Duty

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
10:30-10:50		ISS crew / Program management weekly conference (<i>S-band</i>)
11:25-12:55	CDR	Physical Exercise (RED)
11:30-13:00	FE-1	Physical Exercise (TVIS) day 1
12:55-13:00	CDR	DCP power cable disconnect
13:00-14:00		LUNCH
14:20-14:50		Weekly planning conference (<i>S-band</i>)
18:00-19:00	FE-1	Physical Exercise (VELO + Force Loader/cycle 1) day 1
18:20-18:25	CDR	Carbon dioxide level monitoring
18:25-19:25	CDR	Physical Exercise (TVIS)
19:00-19:30	FE-1	COX maintenance (<i>Calldown on CBO, CП counter</i>)
19:25-19:30	CDR	TVIS and RED data transfer to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	БСПН data copying to flash card via ISS WIENER

Note: See OSTP for references to US activities

End of radiogram